



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: ACL, MCL, PLC (Posterolateral Corner) Reconstruction**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**EARLY PHASE (Weeks 0-4)**

- Weight Bearing and Range of Motion**
  - o 0-6 weeks: toe-touch weight bearing w/ crutches
  - o ROM: A/AAROM 0-90 degrees as tolerated
- Brace Use:**
  - o Locked in full extension at all times other than PT
- Therapeutic Elements:**
  - o Modalities as needed
  - o Patella Mob; SLR's with electric stim.; co-contractions, prone hangs
  - o Estim; Co-contractions
  - o No abduction of hip or leg at any time**
  - o No prone hangs**
- Goals:**
  - o a/aa/ROM: 0-90 degrees
  - o Control pain/swelling
  - o Quad control

**RECOVERY PHASE (Weeks 5-8)**

- Weight Bearing and Range of Motion:**
  - o Discontinue crutches at week 6
- Brace Use:**
  - o At all times, open to AROM; discontinue at week 8
- Therapeutic Elements:**
  - o Continue above
  - o Gentle hip abduction with no resistance below knee
  - o Wall-sits 0-45
  - o Mini-squats with support 0-45
  - o Pool therapy
  - o Treadmill walking by 8 weeks
- Goals:**

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- o a/aa/ROM: 0-110 degrees by 6 weeks and free by 8 weeks
- o SLR x 30
- o No effusion

### **STRENGTHEN PHASE (Weeks 8-12)**

- Weight Bearing and Range of Motion:**
  - o Full
- Therapeutic Elements:**
  - o Continue above with increased resistance
  - o Step-downs
  - o Treadmill
  - o Stretching
  - o **Begin prone hangs and HSL**
- Goals:**
  - o Walk 1-2 miles at 15 min/mile pace

### **REINTEGRATION PHASE (Months 3-5)**

- Weight Bearing and Range of Motion:**
  - o Full
- Brace Use:**
  - o None
  - o If return to sport, fitting for custom brace by 5 months
  - o **Can start jogging/running at 6 months**
- Therapeutic Elements:**
  - o Slide boards
  - o Begin agility drills
  - o Figure 8's
  - o Gentle loops
  - o Large zig-zags
  - o Swimming
  - o Begin plyometrics at 4 months
- Goals:**
  - o Treadmill (walk 1-2 miles at 10- 12 min/mile pace)
  - o Return to competitive activities



**Comments:**

**Frequency:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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